



— State of —
North Dakota
Office of the Governor

John Hoeven
Governor

PROCLAMATION
AMERICAN HEART MONTH
FEBRUARY 2010
WEAR RED DAY
FEBRUARY 5, 2010

WHEREAS, cardiovascular disease is the leading cause of death in North Dakota and accounts for more deaths than cancer, diabetes, suicide and Alzheimer's disease combined; and

WHEREAS, the American Heart Association is working to educate citizens about how they can help save lives by calling 9-1-1 if symptoms occur, by becoming trained in CPR and by encouraging the use of automated external defibrillators in their communities; and

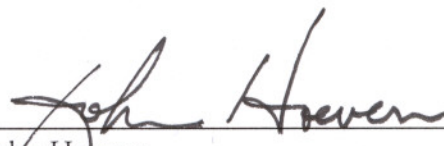
WHEREAS, making the right choices regarding nutrition, physical activity, medical care and other lifestyle factors is essential to living a heart healthy life; and

WHEREAS, in 2006, the Dakota Medical Foundation and the American Heart Association launched a multi-year \$1.25 million *Go Red North Dakota* initiative; and

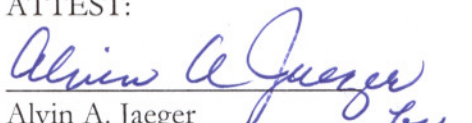
WHEREAS, 92 percent of women who joined *Go Red* made at least one lifestyle change to reduce their risk of heart disease, with 64 percent increasing their physical activity, 60 percent making heart healthy dietary changes and 40 percent losing weight; and

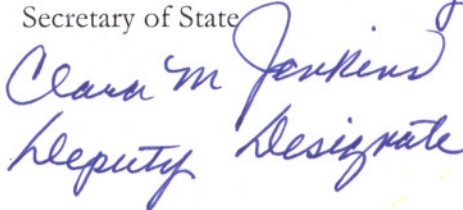
WHEREAS, the *Go Red North Dakota* results have demonstrated the value for all North Dakota women and men to *Go Red*.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim February 2010, **AMERICAN HEART MONTH**, and February 5, 2010, **WEAR RED DAY** in the state of North Dakota.


John Hoeven
Governor

ATTEST:


Alvin A. Jaeger
Secretary of State


Clara M. Jenkins
Deputy Secretary of State

600 E Boulevard Ave.
Bismarck, ND 58505-0001
Phone: 701.328.2200
Fax: 701.328.2205
www.nd.gov